



Sick with chikungunya, dengue, or Zika?

Protect yourself and others from mosquito bites during the first week of illness.
If a mosquito bites you, it can get infected, bite other people, and make them sick.



Protect yourself from mosquito bites



- Wear long-sleeved shirts and long pants.



- Use door and window screens to keep mosquitoes outside.



- Use insect repellent.



Watch for these symptoms

See your doctor if you develop a fever with:

- Muscle or joint pain
- Headache or pain behind eyes
- Rash
- Red eyes

For more information:

www.cdc.gov/chikungunya

www.cdc.gov/dengue

www.cdc.gov/zika



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention